

## ABSTRACT

44 A muscle stretching and spine decompressing apparatus including a base frame (20), a flexible sheet (12) attached to the top of the base frame (20) for supporting the body of a user, and a motorized actuation means (16) for bending the flexible sheet (12) from a substantially flat position to a substantial arc. The motor (18) includes a main shaft (30) connected at each end (30e) to counter grooved helix pulleys (46). As the motor (18) turns the main shaft (30), the counter grooved helix pulleys (46) wind up cable (48) attached to the ends (12a, 12b) of the flexible sheet (12), thereby drawing the flexible sheet ends (12a, 12b) inward to cause the flexible sheet (12) to bend. The motor control system (92) provides for automatic or manual control of the arc of flexible sheet (12).

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